

5 A Day Recipes

12 Soups to Get You Through the Winter

Make-You-Feel-Better Tomato Soup

Serves 4

- 1 teaspoon olive oil
- 1/2 large yellow onion, chopped
- 1 clove garlic, crushed
- 1 teaspoon dried basil
- 1 teaspoon oregano
- 1 28-ounce can low sodium diced tomatoes
- 1 cup water
- 1/4 teaspoon salt

In a medium saucepan, heat the oil. Sauté the onions, garlic, basil and oregano for 5 minutes. Add tomatoes, water and salt. Bring to a boil, reduce heat and simmer for 15 minutes.

Nutritional Analysis Per Serving:

61 Calories
1.7 grams fat
0 milligrams cholesterol
171 milligrams sodium
1.8 grams fiber
22% Calories from fat
2 "5 A Day" servings per person